



ARCTIC ROSE SENIOR MEAL PROGRAM

This program provides fresh daily meals to seniors 60 and older, via pickup or delivery. You must call (907) 770-2004 to verify eligibility.

Please call (907) 770-2004 or (907) 770-2044 (Monday – Friday, 9 AM – 2 PM) to order meals. Name and birthdate are required at time of order. Place orders at least 24 hours in advance (call Friday for the following Monday.) Multiple meals may be ordered at one time. Meals are available for pickup at the Arctic Rose Café, Monday – Friday, 11 AM – 2 PM.

Meals are free of charge to seniors 60 and older – however, donations are greatly appreciated. All meals are prepared daily, follow USDA nutritional guidelines, and are reviewed by ASAC's registered dietician. Menu options may change and are subject to availability.

		WED • MAR 1	THU • MAR 2	FRI • MAR 3
		Chicken Caesar Salad , and Fruit	Pasta Primavera , and Salad	Baked Cod , Rice Pilaf, Peas & Carrots, and Fruit
MON • MAR 6	TUE • MAR 7	WED • MAR 8	THU • MAR 9	FRI • MAR 10
Ham Steak , Scalloped Potatoes, Peas & Carrots, and Fruit	Chicken Enchilada , Spanish Rice, Refried Beans, and Fruit	Vegetarian Frittata , Broccoli, and Salad	Roast Turkey , Mashed Potatoes & Gravy, Green Beans, and Fruit	Dill Salmon , Rice Pilaf, Peas & Carrots, and Fruit
MON • MAR 13	TUE • MAR 14	WED • MAR 15	THU • MAR 16	FRI • MAR 17
Country Fried Steak , Mashed Potatoes & Gravy, Peas & Carrots, and Fruit	Herb Baked Chicken , Rice Pilaf, Mixed Vegetables, and Fruit	BBQ Pork Ribs , Baked Beans , Corn, and Fruit	Salsbury Steak , Mashed Potatoes, Green Beans, and Fruit	Corned Beef & Cabbage , Carrots, and Fruit
MON • MAR 20	TUE • MAR 21	WED • MAR 22	THU • MAR 23	FRI • MAR 24
Pork Chops , Rice Pilaf, Peas & Carrots, and Fruit	BBQ Chicken , Baked Beans , Corn, and Fruit	Spaghetti & Meatballs , Mixed Vegetables, and Salad	Meatloaf , Mashed Potatoes & Gravy, Green Beans, and Fruit	Baked Cod , Rice Pilaf, Peas & Carrots, and Fruit
MON • MAR 27	TUE • MAR 28	WED • MAR 29	THU • MAR 30	FRI • MAR 31
Vegetarian Frittata , Broccoli, and Salad	Chicken Alfredo , Broccoli, and Fruit	Cheese Tortellini , Mixed Vegetables, and Fruit	Beef Stroganoff , Mixed Vegetables, and Fruit	Shrimp Jambalaya , Corn Muffin, and Fruit

PORK = THIS ITEM MAY CONTAIN PORK.

VEG = THIS ITEM IS VEGETARIAN.